

Your planning meeting

A Factsheet for Adults (No. 6)

What happens during a planning meeting?

During your NDIS planning meeting, your Local Area Coordinator (LAC) will ask you about your goals. It's good to have a support person with you to help you advocate for yourself. Although FASD is a permanent physical disability, it is largely hidden and it may be difficult for a person who doesn't know you to understand the impacts, so it's best to attend the meeting with someone who does and can help.

How can I get the most out of my planning meeting?

Here are some ways that you can get the most out of your planning meeting:

- **Prepare beforehand:** Reading these factsheets, completing the NDIS planning booklet (<https://www.ndis.gov.au/about-us/publications/booklets-and-factsheets>) and thinking about what your goals are, can help you get the best results by making your planning meeting effective and efficient. See NOFASD's *Factsheet 5 – Preparing for Your Planning Meeting* for more information.
- **Think about what supports you need:** There may be some therapies that you already have in place (or would like to put in place) which may be new to your Planner (your LAC). FASD is a complex, permanent, hidden disability with mostly behavioural symptoms; its impacts are often poorly understood, so having as much information about the types of therapies you need, and how they will help you, will assist you with your planning meeting. Individuals with FASD have significant difficulties with identifying issues, planning, prioritising, sourcing resources and initiating tasks, it is important to discuss this with your planner. It is likely that a person with FASD will require higher levels of support coordination, particularly in the first few years while support structures are being established. If you are not sure what therapies will help you, visit the [NOFASD website](#) for some suggestions.
- **Decide on who is going to the meeting:** It is important to consider who you would like to come to your planning meeting. You might like to take a support person with you, or someone who can act as an advocate on your behalf. If you do not have a support person but would like one, this can be arranged through your LAC.

- **Provide information about FASD:** You will need to provide your Coordinator (LAC) with a basic understanding of FASD and how it impacts you. You can help to educate your Coordinator about FASD by looking at a range of NOFASD resources available through our website (you can access resources [here](#)). If you have a FASD diagnosis, we can provide you with a letter of support outlining some of the impacts of FASD. To access this letter, please [contact us](#).
- **Take all relevant reports and assessments:** These documents are important to take to your planning meeting. Assessments from clinicians and allied health professionals will provide a direction for recommended strategies or therapies and ultimately enhance the effectiveness of your NDIS plan. Even if your Coordinator (LAC) does not ask for these documents, you should still take them along.
- **Take your bank account details:** As well as your MyGov login and password details, as this may be needed.
- **Communicate your story:** It is important to be clear about how you have been impacted by FASD. Remember, the Coordinator (LAC) has not lived your life, and may not understand the consequences of FASD brain differences, so you need to tell them what it is like to walk in your shoes. It can be useful to describe in detail an ordinary day and the strategies that you use to cope. Start with how you sleep and wake, how do you manage your food? your home? your bills? your transport? your appointments? Do you have sensory challenges? How do they impact you? What activities do you do? Do you feel successful in these activities? Is there something you would rather do, but can't without help? Who do you have in your life? Are there organisations that you already engage with? What would help you achieve your goals? What happens when you are overloaded/having a bad day?

Often individuals with FASD work very hard at hiding their difficulties, your planning meeting is an opportunity to talk openly and confidentially about what challenges you, and to discuss the strategies that could help you to move forward with your goals.

- **Ask questions:** If you are not sure of something, ask. If you are not happy with the answer to one of your questions, or don't understand, it is okay to ask further questions. If you are told that a particular therapy or strategy is not available or cannot be included in your plan, or you are faced with obstacles or barriers, ask the planner, 'how can we make this work?'. This can be a powerful question to ask.



Where can I find out more information about FASD?

NOFASD Australia is the National Peak Body for parents, carers and individuals impacted by Fetal Alcohol Spectrum Disorder (FASD). Founded in 1999 and funded by the Commonwealth Department of Health, we provide the essential bridge linking those with lived experience with researchers and clinicians.

NOFASD Australia provide a helpline for people impacted by FASD and those wanting information on how to support individuals with FASD. We also maintain an up-to-date comprehensive website with curated resources and links.

If you would like additional information about FASD or to read more about FASD and the NDIS, please visit the [NOFASD Australia website](#).

Source: Understanding the NDIS Booklet 2: <https://www.ndis.gov.au/about-us/publications/booklets-and-factsheets>

National Organisation for Fetal Alcohol Syndrome and Related Disorders

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